

Diabetes in Indiana

Scope of the Problem

- 8.3% of Indiana's population (estimated 387,000 individuals) ages 18 years and older have been **diagnosed with diabetes**. (2005)
- 3% of the population (estimated 188,000 Indiana citizens) have **undiagnosed diabetes**. (2005)
- 0.22% of children and adolescents (estimated 3,800 individuals) in Indiana 0–18 years of age have been diagnosed with **Type 1 diabetes**. (2005)
- Diabetes was the 6th **leading cause of death** in Indiana. It was the 4th leading cause of death for African Americans, 5th for American Indians, 6th for Asian/Pacific Islanders, 7th for Whites, and 8th for Hispanics/Latinos. (2004)
- The **average yearly health care cost** for a person with diabetes in the US was \$13,243 in 2002, compared with \$2,560 for a person *without* diabetes. Assuming that the average Hoosier with diabetes has similar medical costs, the 387,000 individuals with diabetes in Indiana would have spent nearly 5.1 billion dollars on medical care in 2005.

Populations at Risk

- **Older age** – Individuals 65 years and older (12% of Indiana's population) had a diabetes prevalence of 20.5%. (2005)
- **Race/Ethnicity**
 - African Americans (8% of Indiana's population) had a diabetes prevalence of 10.4%. (2005)
 - Hispanic/Latino Americans (4.3% of Indiana's population) had a diabetes prevalence of 10%. (2005)
 - American Indians (0.3% of Indiana's population) and Asian American/Pacific Islanders (1.2% of population) had a diabetes prevalence of 16.5%. (2005)
- **Gestational diabetes** – In 2003, 1.8% of pregnant women were diagnosed with gestational diabetes. These women have a 20–50% chance of developing diabetes in the next 5–10 years. A portion (5–10%) will have Type 2 diabetes immediately following pregnancy.
- **High blood glucose or prediabetes** – 26% of Indiana's population (estimated 1,631,000 Indiana residents) have prediabetes putting them at risk for developing diabetes later in life. (2005)
- **Overweight or Obese** – 62.4% of adults in Indiana are overweight or obese, and of those with diabetes 26.7% were overweight and 53.3% were obese. (2005)
- **Sedentary lifestyles** – 12% of Indiana citizens lead sedentary lifestyles, and 36.2% engage in insufficient physical activity to meet moderate or vigorous levels. (2005)
- **No leisure time physical activity** – 27.1% of Indiana residents do not engage in leisure time physical activity. (2005)
- **Smoking** – 27.1% of Indiana's population currently smokes. (2005)

Complications

- **Death** – 1,673 individuals died because of diabetes-related complications. (2004)
- **Hospitalizations** – 9,784 individuals discharged from the hospital had the primary diagnosis of diabetes. (2003)
- **Heart attacks** – 16.5% of individuals with diabetes have had a heart attack, and 15.8% have been told by a health care professional that they have angina or coronary heart disease. (2005)
- **Stroke** – 7.6% of those with diabetes have been diagnosed with a stroke. (2005)
- **Blindness** – 553 new cases of legal blindness and 272 new cases of visual impairment were due to diabetic retinopathy in adults over 17 years of age. Of adults with diabetes, 20.9% have been told that their diabetes has affected their eyes or caused retinopathy. (2005)

Complications, continued

- **Kidney disease** – 743 of the 1,774 new cases of end stage renal disease were in people with diabetes. (2004)
- **Lower extremity amputations** – 1,769 individuals with a primary hospital discharge diagnosis of diabetes underwent a lower extremity amputation. (2003)
- **Depression** – 27.5% of individuals with diabetes have been diagnosed with a depressive disorder. (2006)

Preventative Care for People with Diabetes (2005)

- **Attend diabetes self management class** – Of adults with diabetes, 59.8% have taken a course or class to help them manage their diabetes.
- **See a doctor or nurse at least once a year for their diabetes** – 86% of adults with diabetes saw a health care professional at least once in the past year.
- **Check glucose level daily** – 63% check their glucose level daily, however 10.3% never check their levels.
- **Have A1C test every 3 months to monitor glucose levels** – In the past year only 0.2% of adults with diabetes got the test as recommended (four times a year), 78.3% had it done one to two times, 11.6% did not get an A1C test, and 9.9% had never heard of the test.
- **Quit smoking** – 19.2% of adults with diabetes currently smoke.
- **Exercise** – Of adults with diabetes, only 32.2% met the recommendations for moderate physical activity, and 24.1% do not engage in any physical activity.
- **Lose weight** – 53.3% of adults with diabetes were overweight, and 26.7% were obese.
- **Have a dilated eye exam yearly** – 60.8% have had a dilated eye exam in the past year; however 7.3% have never had one.
- **Have a foot exam yearly** – 71% of adults with diabetes had at least one foot exam by a health professional in the past year.
- **Get a dental exam yearly** – 52.2% of adults with diabetes had a dental exam in the past year.
- **Have cholesterol checked yearly** – 95.7% of adults with diabetes had their cholesterol checked in the past year. 67.3% were told they had high cholesterol.
- **Get a flu shot yearly** – Of adults with diabetes, 54.4% have had a flu shot in the past year.
- **Get a pneumonia vaccination** – 54% have had a pneumonia shot at some point in their lives.

References

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- Indiana Blind Registry Report, 2005.
- The Renal Network, 2004, www.therenalnetwork.org.
- Indiana State Department of Health. Vital Records Report, 2003.

For more information contact the Diabetes Prevention and Control Program, Indiana State Department of Health, 2 North Meridian Street, Indianapolis, IN 46204 <http://www.in.gov/isdh/programs/diabetes/splash.htm>

